



We are ALL a Part of a Child's Resilience Journey
Agnes Chen
Registered Nurse & Founder, Starling Community

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The statistics tell us that childhood adversity is prevalent. The science informs us that early childhood adversity can actually change the way a child's brain develops, putting them at increased risk for future physical, social, and mental health issues. But the STORIES remind us not only of the POTENTIAL in every child we meet, but also of the incredible influence we each have in the lives of the children we interact with every day.

In this informative and passionate conversation, Agnes will share statistics and science on adverse childhood experiences, but she will also share parts of her personal experience with parental addiction, anxiety, and depression in hopes to inspire us all to not only reflect on who and what contributed to our own resilience today, but also on the incredible impact and responsibility we each have in the lives of the children we interact with every day.

We are ALL a part of a child's resilience journey, after all. What will your contribution be?

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Agnes Chen is a Mom, a Registered Nurse, an active member on the Trauma-Informed Care Collective, and the founder of Starlings Community, a not for profit committed to co-creating a community that supports the well-being and healing of children and families impacted by parental addictions, and other adverse childhood experiences.

As a Registered Nurse who has 15 years of professional experience in the public service sector, Agnes works to enhance the well-being and resilience of her clients and community, many of whom struggle with mental illness, addictions, and poverty. As an active member of the Trauma-Informed Care Collective, she is also passionate about promoting empathy and creating resilient and trauma-informed communities. Finally, her experience of growing up in a home where untreated mental illness and addictions existed reinforced the community need for more empathy, understanding, supports and ultimately, for safe spaces where children (and the children in each of us) are supported to heal and grow with resilience.

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